



**Tennis 2019**  
**Spring Season Packet**

## WHEN?

Students expressing interest in Tennis shall attend tryouts on **Monday March 18th and Tuesday March 19<sup>th</sup>**. Depending on the weather, the try-out location may be indoors or outdoors. All participants will be notified in advance of the location of the tryout.

## WHO CAN TRY-OUT?

*Boys & Girls in grades 7 - 12.*

## HOW MANY TEAMS ARE THERE?

There will be a Varsity team for both Boys and Girls this year. Depending upon amount of interest in participation and skill level, there may be a sub-varsity tennis team. Cuts may need to be made depending on amount of participation and skill level. Teams will be determined after try-outs.

## WHAT DO YOU NEED?

1. Signed athletic participation waiver form.
2. Completed concussion awareness form. Both the student and a parent/guardian must take the NFHS or CDC online concussion course and sign the form as proof of successful completion. If you have taken one within a year of the tennis program, please inform date completed.
3. Completed pre-participation head injury form. Must be signed by both the student and a parent/guardian.
4. Updated physical form on file with the school. This means you need to have had a physical within **13 months of the last day of the season**, and it must be on file in the nurse's office.
5. Equipment. Students should bring a tennis racquet and wear proper tennis play attire such as an athletic short sleeve shirt, athletic shorts/pants, and sneakers. A jacket or long sleeves due to cooler temperatures would be beneficial as well.
6. User Fee Deposit: A deposit of \$175.00 is required to participate in the tryouts. After your child has been assigned to a team, you will be asked to pay the remaining balance if necessary. Here is the fee for each team:

***Varsity - \$200.00***

***Junior Varsity/Middle School - \$175.00***

The money is used to contribute towards transportation, equipment, facility rental, and referee costs. If a student is not selected for the team, the check will not be deposited, so trying out costs nothing. Families with two or more children playing will receive 25% off each additional child's fee.

## WHAT SHOULD I DO WITH THESE FORMS?

In order to participate on the Tennis team, please drop off these forms at Rising Tide with Mrs. Kincade Athletic Director, or at the Upper School office or Middle School office.

**Forms are due by Friday March 8.**

### More Details:

- Tennis practices will run from 3:30 - 5:00 pm during the season on Mondays-Fridays. Practices and match play will be held at *Eel River Beach Club* (110 Warren Avenue, Plymouth) or at Rising Tide. Indoor practices may be at *Village Racquet and Fitness* (30 Golf Dr, Plymouth, MA), the *Kingsbury Club* (186 Summer St, Kingston, MA ) or at Rising Tide. You can view the tennis schedule through our google calendar link on our athletics page at *risingtide.org*. Updates on the calendar will occur daily if necessary.
- Transportation to practice and home matches will be provided by the school. All pick up after practice will be at the Tennis facility.
- The Spring Tennis Season runs from March 18 to May 23. If the varsity team qualifies for the MIAA tournament, the season will be extended until furthest advancement in the tournament. There is a vacation period of time where there may be a practice or game scheduled due to school/weather cancellations. If necessary for your child to miss practice/game over vacation, your child will not be penalized as long as proper notification is made to the coaching staff.
- A Parent communication email will be developed. Any sudden changes in schedules (such as a snow/rain cancellation), or setting up a carpool will be sent out via an email blast. Please list the email addresses you would like to be part of this list if your child is participating on the Tennis team.

email: \_\_\_\_\_

email: \_\_\_\_\_

email: \_\_\_\_\_

email: \_\_\_\_\_

**We will be hosting a meet the parents/coaches night on  
Tuesday March 5th at 5:30pm at Rising Tide**



2018-2019 ATHLETIC PARTICIPATION WAIVER

Name of Student \_\_\_\_\_ Grade \_\_\_\_\_ Home Phone# \_\_\_\_\_

Address \_\_\_\_\_

Parent/Guardian's Name \_\_\_\_\_ Cell Phone # \_\_\_\_\_

Emergency Contact Person \_\_\_\_\_ Relationship \_\_\_\_\_

Emergency Contact Home Phone # \_\_\_\_\_ Cell Phone # \_\_\_\_\_

Participation in athletics can result in serious injury, even when measures have been taken to ensure safety. In the event of an injury the school will provide first aid, but all other treatment is the responsibility of the parent/guardian. Participating on an athletic team/club at Rising Tide is not required, and students do so on a voluntary basis with the permission of their parent(s) or guardian(s).

Families are required to pay a user fee for each season. If a student is removed from the team/club before the conclusion of the season for any reason, Rising Tide has the right to keep the entire user fee.

Rising Tide will use buses and/or parent carpools to transport students to and from practices and games. By signing this waiver you are permitting your child to ride in a private vehicle driven by another student's parent or guardian as well as a bus chartered by the school.

All uniforms are property of Rising Tide and should be returned to the school at the end of the season or the family will be charged for the replacement cost.

A student may be removed from team at any point in the season if the grade-level team determines it is necessary. Students can be dismissed from a team/club for both academic and non-academic reasons.

A student will not be permitted to participate in any activities until s/he has a physical form on file with the school which has been completed within 13 months of the tryout date. A completed concussion awareness form, pre-participation head injury/concussion reporting form, and user fee must also be submitted before a student is allowed to participate in the tryout.

I hereby give permission for \_\_\_\_\_ to participate in the Tennis 2018 spring season.

\_\_\_\_\_  
Parent/Guardian signature

\_\_\_\_\_  
Date



## CONCUSSION AWARENESS FORM

Dear Parents/Guardians:

As the prevalence and dangers of head injuries in athletics have become more evident, it is important for both student-athletes and their families to have a greater understanding of the issue. For the safety of our student-athletes, Rising Tide Charter Public School is requiring that both parents/guardians AND the student complete ONE of the following free online concussion courses. The completion of this course is required before your child tries out for an athletic team at Rising Tide. **It must be completed once per school year.**

Complete one of the online courses on concussion/head injuries. It should take less than 30 minutes to complete the course, including registration. **Please print a copy of the completion certificate and turn it in with this packet.**

- National Federation of High School Coaches Course, *Concussion In Sports - What You Need To Know*

<http://www.nfhslearn.com/electiveDetail.aspx?courseID=15000>

OR

- Centers for Disease Control Course, *Heads Up Concussion In Youth Sports*

[http://www.cdc.gov/concussion/HeadsUp/online\\_training.html](http://www.cdc.gov/concussion/HeadsUp/online_training.html)

Signing below acknowledges that you have successfully completed one of the online free sports concussion awareness courses.

Student-Athlete Name \_\_\_\_\_ Sport \_\_\_\_\_

Student-Athlete Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent/Guardian Name \_\_\_\_\_

Parent/Guardian  
Signature \_\_\_\_\_ Date \_\_\_\_\_



## PRE-PARTICIPATION HEAD INJURY/CONCUSSION REPORTING FORM FOR EXTRACURRICULAR ACTIVITIES

This form should be completed by the student's parent(s) or legal guardian(s). It must be submitted to the Athletic Director in the Try-Out Packet prior to the start of each season a student plans to participate in an extracurricular athletic activity.

Student's Name	Sex
Date of Birth	Grade
School	Sport (please circle) <b>Boys Tennis or Girls Tennis</b>
Home Address	Telephone

**Has student ever experienced a traumatic head injury (a blow to the head)? Yes / NO**

If yes, when? Dates (month/year): \_\_\_\_\_

**Has student ever received medical attention for a head injury? Yes / No**

If yes, when? Dates (month/year): \_\_\_\_\_

If yes, please describe the circumstances:

**Was student diagnosed with a concussion? Yes\_\_\_\_\_ No\_\_\_\_\_**

If yes, when? Dates (month/year): \_\_\_\_\_

Duration of symptoms (*such as headache, difficulty concentrating, fatigue*) for most recent concussion: \_\_\_\_\_

Parent/Guardian:

Name: \_\_\_\_\_ Signature/Date \_\_\_\_\_

Student Athlete:

Signature/Date \_\_\_\_\_